



Balance
by Nature®

Corporate Wholeness Programs





About Balance by Nature

Pioneering Wholeness in Corporate Culture

Balance by Nature is an award-winning corporate culture and well-being company founded in 2012 that helps global brands and small to mid-size enterprises increase engagement, improve mental and physical health outcomes, reduce burnout, and lower attrition levels. We are catalysts for transformation, revolutionizing corporate well-being by ushering in a new era of corporate wholeness.

We are dedicated to guiding organizations toward cultivating environments that empower individuals to thrive, embracing their *whole* selves to do their best work. Join us on this transformative journey, where the integration of well-being into corporate DNA becomes a reality, and individuals flourish as their authentic selves, driving success that transcends expectations.



Our Award-Winning Approach

We take an integrative approach to culture development by creating a cross-functional culture team within your business in the fields of Health & Well-being, DEI, Conscious Leadership, Employee Experience, and Learning & Development who collaborate on a strategic plan to drive all initiatives in the same direction for greater impact and results.



Services



Balance by Nature
Wholeness Program



Customized Well-Being
Programs



Corporate Culture
Consulting



Conscious Leadership
Training



Executive Wellness
Retreats



A la carte Wellness
Experiences

Balance by Nature offers a wide range of services for companies at every stage of the wellness journey. For progressive organizations that are ready to integrate well-being into the culture of their business, we provide strategic culture consulting with conscious leadership training, cross-functional culture teams, executive retreats, and our comprehensive *Balance by Nature Wholeness Experience*. Whether you are looking for a strategic well-being solution or a la carte wellness experiences, we've got you covered.

We will customize a program for your company based on your specific needs, goals, and budget. Our programming incorporates stress elimination, personal development, holistic healing, mindful leadership, fitness, nutrition, growth mindset, healthy relationships, financial freedom, and team building to support the whole employee. We offer both virtual and on-site solutions, perfect for hybrid work environments.

Balance by Nature Wholeness Experience

Reclaiming Wholeness to Achieve Life Balance



Balance by Nature's programming is designed around the **10 Pillars of Wholeness™** that make up all the various aspects of our lives. When any one pillar gets neglected or has too much negative energy associated with it, life gets pulled out of its delicate balance and we don't feel whole.

Our *Balance by Nature Wholeness Experience* focuses on a different pillar of wholeness each month, guiding employees to bring that aspect of their life back into alignment to achieve true Life Balance. They are taken on a journey of self-discovery, self-care, and self-mastery to reclaim their wholeness and become their best selves.

This transformational program is delivered in a beautiful mobile app, with live-streamed events, a library of on-demand classes, and a private MyTribe community where your employees can support one another as they step into their greatness as a unified team. *Request a demo today!*

10 PILLARS OF WHOLENESS™ JOURNEY

Mental Wholeness

Mental state, stress, resilience, mindset, mindfulness

Emotional Wholeness

Emotional state, processing emotions, forgiveness, healing from trauma

Spiritual Wholeness

Connection within, purpose, vision, faith, intuition, time in nature

Environmental Wholeness

Home, office, neighborhood, planet, community service, sustainability

Personal Wholeness

Personal development, self-care, music, hobbies, travel, education



Social Wholeness

Relationships, parenting, friends, family, team, tribe

Physical Wholeness

Health, fitness, nutrition, sleep

Energetic Wholeness

Personal energy, vibration, motivation, drive, gratitude, manifestation

Professional Wholeness

Career trajectory, balance, mindful leadership, time management, goals

Financial Wholeness

Relationship with money, manifesting abundance, financial planning

Meet Our Founder & Chief Wholeness Officer

Nicole Mixdorf is a #1 International Best-Selling Author, Keynote Speaker, and the Founder & Chief Wholeness Officer of Balance by Nature.

She has been recognized as *Most Influential Woman in Corporate Wellness Services USA 2020, 2021, 2022 & 2023, Top 100 Healthcare Leader in the World 2021, Thought Leader of Our Generation 2023, Top 50 Woman Business Leader of Los Angeles 2023, and Top 10 Successful Business Leader Revamping the Future 2021.*

Nicole's passion lies in reshaping workplaces, empowering individuals to design balanced lives, heal, and step into their greatness.



Nurturing Wholeness Across Diverse Organizations

Balance by Nature has left an indelible mark on a spectrum of organizations, from mid-sized enterprises to corporate giants. Our transformative approach to corporate well-being has been embraced by a myriad of forward-thinking entities, including: the Los Angeles International Airport (LAX), City of Los Angeles, Westfield, Hulu, Accenture, Shiseido, Los Angeles Philharmonic, and other progressive organizations.

Unveiling Transformational Participant Results*

- 84% Reduced Stress and Anxiety
- 58% Better Overall Health
- 45% Enhanced Resilience and Adaptability
- 57% Increased Self-Awareness and Emotional Intelligence
- 54% Supported Personal Growth and Self-Empowerment
- 45% Fostered a Sense of Community & Collaboration





Recognized Excellence

Cultivating a Thriving Workplace Culture

Balance by Nature has proudly earned a multitude of awards, a testament to our unwavering dedication to fostering wholeness within corporate environments. These accolades reflect our commitment to pioneering a new era of well-being and our exceptional ability to transform organizations into hubs of holistic growth, healing, and success.



Your Wholeness Journey Begins Now



Contact Us Today!



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Book a Consultation

<https://balancebynature.as.me/consultation>



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